



## Profiles in Wellness



### **Carl W. Toepel**

#### **Wisconsin**

At Thanksgiving 2004, my son Tim in a loving way said, "Dad, what are you carrying around?" That question really bothered me, and I decided to do something about my weight. I also wanted to look trim like our former Gov. Tommy Thompson. As Secretary of Health and Human Resources, he promoted physical fitness throughout America.

Starting January 1, 2005, I gave up my morning doughnut. On rare occasions I will have dessert. I increased my swimming time and began to use the treadmill at the local YMCA. During the summer I used our pontoon pedal boat at our lake home. This Thanksgiving I am thankful to tell my son that I have lost 25 pounds.

I plan to maintain my weight control through proper diet and exercise, and my personal goal is to be the lightest weight of the men in the family by March 4, 2006.